

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 68 years in the making.



June 8th, 2023

Connect with Queensland Racewalking Club on Facebook

A big thank you to Danielle for refreshing the club Facebook page. The old Fb page will be deleted and you will need the link below to access the new, brighter one which is **NOW ACTIVE**.

Welcome to our new Queensland Racewalking Club facebook page

<https://www.facebook.com/profile.php?id=100092665797910>

56th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL

SUNDAY JUNE 11 STROMLO FOREST PARK
CANBERRA



RACE WALKING
AUSTRALIA

AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

All the very best to our small team of walkers heading south the brave the chills of Canberra this Sunday morning. Race well and stay warm.

Updates and final instructions

1. **Bib collection will be available at Stromlo Forest Park from 3-4 pm Saturday.** Each state will have one package of bibs available from Sam Manning. However, if you can't make it Saturday afternoon, Renee will have remaining packs at the Federation meeting on Saturday evening. Please return any perpetual trophies at this time.
2. The final volunteer roster is attached, thanks to Troy Clarkson for organising this.
3. There will be a bbq on the day run by one of our local Little Athletics clubs. They will accept cash or card.
4. There will be a raffle (card only) and lucky Bib draw for some prizes from Steigen
5. Presentations will occur as per the timetable, at the venue.
6. Officials include: Meet referee, Ian Colquhoun, who will be wearing a yellow arm band, meet manager Sam Manning, Volunteer co-ordinator Troy Clarkson, Judges Co-ordinator Lisa Colquhoun, and ACT RFWC President Renee Cassell.
7. Please be aware there is a cycling event taking place at Stromlo on Saturday. Take great care around the track. There will be cyclists on the road and they will come through at pace down the new part of the criterium circuit which connects to the swimming pool. We are not clear at this stage at what time tents will be able to be set up.
8. Post race dinner will be at the Canberra Southern Cross club in WODEN. We have an upstairs room booked from 6.30 pm. There are no table allocations. People order from the

menu provided, quoting their table number, at the upstairs bar and PAYG. The meals will be brought upstairs and delivered to the table number quoted.

9.TAKE PLENTY OF WARM CLOTHES & DON'T FORGET TO PACK YOUR CLUB UNIFORM

Program of Events

Event	Start Time	Handicap Base Time
1. RWA Open 30 Km Robin Whyte Classic	8.00am	127min
2. ACT Fitness 30km	8.00am	Non Hcp/Judged contact only
3. ACCT W&M 30 Km Champ	8.00am	Non Handicap event
4. RWA Open Women's 15km	8.00am	69 min –Inc RWA Master 15km
5. RWA Open Men's 15Km	8.00am	65 min = Inc RWA Masters 15km
6. ACT Fitness 15km	8.00am	Non Hcp/Judged contact only
7. ACT Fitness 8km	9.00am	Non Hcp/Judged contact only
8. RWA Men's U20 10 km	10.30am	42min
9. ACT Open (over 19 yrs) 10km	10.30am	Non Handicap event
10. RWA Women's U20 10km	10.30am	47 min
Presentations for Events 1 – 10 and special awards 11.45am to 12.15pm		
11. RWA Boys Under 10 1Km	12.15pm	4 min 30 sec
12. RWA Girls Under 10 1 km	12.15pm	4 min 30 sec
13. RWA Boys Under 12 2km	12.25pm	9 min 20 sec
14. RWA Girls Under 12 2Km	12.45pm	9 min 20 sec
15. RWA Boys Under 14 2km	13.05pm	9 min 20 sec
16. RWA Girls Under 14 2km	13.25pm	9 min 20 sec
17. RWA Boys Under 16 3Km	13.45pm	13 min
18. RWA Girls Under 16 3km	14.10pm	13 min
19. RWA Boys Under 18 5km	14.40pm	22min
20.RWA Girls Under 18 5km	14.40pm	23min
21. RWA Women's Open 5km	15.10pm	20min
22. RWA Men's Open 5Km	15.10pm	20min
Presentations for Events 11-22 16.00pm		

NEXT WEEK

Sunday June 18th Aurora Park, North Lakes

Handicap #6

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

COMING UP

USCAC Winter Track & Field Carnival

Saturday 8 & Sunday 9 July

USCAC & Race Walking Queensland are in discussion regarding running their RWQ Track Championships at UniSC Track on Sunday 9 July. Details to follow.



USCAC Winter Track & Field Carnival

- Saturday 8 & Sunday 9 July
- Open to all QA or affiliated QA club members from 8 to Masters & including Para Athletes

*Join QA affiliated club USCAC Winter season membership (\$18) and receive a 10% discount on event fees

- Event Fees
 - \$10 - U10 to U18 & Para athletes
 - \$12 - U20, Open & Masters athletes

*USCAC Member 10% discount - Using member discount code

- Nominations close - Wednesday 5 July - 9am

NO late nominations can be accepted

- Program

* Race Walks Events will be Sunday - Program coming



USCAC WINTER TRACK & FIELD CARNIVAL AND QUEENSLAND RACE WALKING CLUB TRACK CHAMPIONSHIPS

Queensland Race Walking Club Championships are running their QRWC Track Championships at UniSC Track on Sunday 9 July.

USCAC will be running a 1500m walk for athletes 14-17 as part of the QRWC Championships. You will be able to nominate for this event through the Winter Carnival link.

ALL OTHER RACE WALKING EVENTS – NOMINATE THROUGH RACE WALKING QUEENSLAND EVENT PORTAL: [HERE](#)

Fees for this QRWC Track Championships will be \$15 non-QRWC members & \$10 for QRWC members (USCAC discount code will not apply for this meet!)

Sunday July 9 July 2023

QRWC Track Championships

University of the Sunshine Coast Athletics Track – Olympic Way Sippy Downs

Draft Programme

- 9.00am Open M/W 5000 metres
- U20 M/W 5000 metres
- U18 M/W 5000 metres
- 9.45am U16 B/G 3000 metres

10.10am U14 B/G 1500 metres
U12 B/G 1500 metres
USCAC Invitation 14-17 years 1,500 metres (non-Championship)
10.25am U10 B/G 1000 metres

RESULTS RESULTS RESULTS

4th June, 2023

Mudgeeraba

10km

Men: (1) Adam Patterson 1.02.35 (2) Peter Bennett 1.07.36.

Women: (1) Tayla Billington 47.45 (2) Brenda Gannon 1.00.36 SB (3) Joy Dale 1.25.29 SB
(4) Noela McKinven 1.31.25.

U20 5km

Women: (1) Summer Millard 30.34 (2) Korey Brady 34.55 SB.

U18 5km

Women: (1) Phoebe Chadwick 33.17 SB. Taylah Morris DNF. Lily Housden DNS

U16 3km

Men: (1) Bailey Housden 13.31 (2) Micah White 15.55 (3) Kai Dale 16.02.

Women: (1) Lyla Williams 16.09. Olivia Bolton DQ.

U14 2km

Men: (1) Cory Lockwood 13.49.

Women: (1) Ella Cosgrove 10.40 (2) Kiara Waterman 12.30 (3) Eliza Kelly 12.33 (4)
Katelyn Trent 15.44 SB

U12 2km

Men: (1) Leo Ramsay 15.13.

Women: (1) Isabella Welch 10.45 SB (2) Elspeth Hooper 12.14 Savannah Dunleavy 12.39
(4) Dakota Vicory 14.46

U10 1km

Men: (1) Jake Dunleavy 5.48.

Women: (1) Freya Williams 5.30 (2) Amelia Chisholm 6.00 (3) Izzy Blackburn 6.19 (4)
April Kelly 8.21 SB

F Grade .5km

Women: (1) Harper Waterman 4.31.

Gold Coast Championships

Open 10km

Men 1 Adam Patterson **Women:** 1 Tayla Billington
2 Peter Bennett 2 Brenda Gannon
3 Joy Dale

U20 5km

Women: 1 Summer Millard
2 Korey Brady

U18 5km

Women: 1 Phoebe Chadwick

U16 3km

Men: 1 Bailey Housden **Women:** 1 Lyla Williams
2 Micah White
3 Kai Dale

U14 2km

Men: 1 Cory Lockwood **Women:** 1 Ella Cosgrove
2 Kiara Waterman
3 Eliza Kelly

U12 2km

Men: 1 Leo Ramsay **Women:** 1 Isabella Welch
2 Elspeth Hooper
3 Savannah Dunleavy

U10 1km

Men: 1 Jake Dunleavy Women: 1 Freya Williams
2 Amelia Chisholm
3 Izzy Blackburn

U8 .5km

Women: 1 Harper Waterman

Judges' Reports (five judges)

yellow = lower case Red = upper case: Loss of contact "c" or "C" Knees "k" or "K"

13 kk

219 cC

312 c

365 cccC

376 cC

388 c

389 ccccC

413 c

419 c

420 cccCCC DQ

422 k

428 k

430 ck

431 c

432 kc

439 cC

443 c

445 c

450 cc

451 c

452 ckK

Gold Coast Road Walk Championship Records Updated as at 4.6.23

Open 10km Men: B Dewar 44.12 2012

Open 10km Women: Tayla Billington 47.45 2023 **NEW**

U20 5km Men: L. McCutcheon 21.14 2017

U20 5km Women: J. Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011

U18 5km Women: K. Hayward 22.39 2018

U16 3km Men: N. McCutcheon 13.20 2017

U16 3km Women: K Hayward 13:26 2015

U14 2km Men: B. Housden 9.03 2020

U14 2km Girls: J. Anderson 9.18 2019

U12 2km Boys: K Hayward 10:04 2016

U12 2km Girls: J. Anderson 9.50 2017

U10 1km Boys: K Hayward 5:09 2014

U10 1km Girls: L. Williams 5.18 2017

U8 .50km Boys: K Hayward 2:30 2012

U8 .50km Girls F Williams 2.42 2022

XXXVI Gran Premio Cantones de A Coruna de Marcha

La Coruña Spain

June 3rd

Top 10 Placings

Men 20km

1. Caio BONFIM BRA 1:18:29

2. Álvaro MARTÍN ESP 1:18:49
3. Diego GARCÍA CARRERA ESP 1:19:25
4. Christopher LINKE GER 1:19:27
5. Jun ZHANG CHN 1:19:36
6. José Luis DOCTOR MEX 1:19:41
7. José Alejandro BARRONDO GUA 1:19:42
8. Gabriel BORDIER FRA 1:20:09
9. Andres Eduardo OLIVAS NÚÑEZ MEX 1:20:14
10. Noel CHAMA MEX 1:20:40

Women 20km

1. Kimberly GARCÍA LEÓN PER 1:26:40
2. Quanming WU CHN 1:26:48
3. Alegna GONZÁLEZ MEX 1:26:59
4. Shijie QIEYANG CHN 1:27:15
5. María PÉREZ ESP 1:27:19
6. Evelyn INGA PER 1:27:32
7. Erica SENA BRA 1:28:53
8. Glenda MOREJÓN ECU 1:29:04
9. Li MA CHN 1:30:02
10. Raquel GONZÁLEZ ESP 1:30:15

QRWC 2023 WINTER ROAD WALKING SEASON

As at May 25th 2023

Rules of Race Walking

There are two basic rules in Race Walking:

- *Contact: The athlete must never have both feet off the ground at once.*
- *Knees: The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground **until the vertical upright position.***

MONTH	DATE	EVENT	VENUE	TIME
April	23	QRWC Handicap Meet # 1	Beenleigh	8.00am
	30	QRWC Handicap Meet # 2	Yeronga	7.30am
May	7	QRWC Handicap Meet # 3	North Lakes	8.00am
	14	Mother's Day	No club competition	
	21	QRWC Handicap Meet # 4	Ripley	8.00am
June	28	QRWC Handicap Meet # 5	Capalaba	8.00am
	4	Gold Coast Championships	Mudgeeraba	8.00am
	11	LBG Federation Meet	Canberra	8.00am
	18	QRWC Handicap Meet # 6	North Lakes	8.00am
	25	QRWC Handicap Meet # 7	Yeronga	TBC
July	2	Gold Coast Marathon	No club competition	
	9	QRWC Track Championships	USC Sippy Downs	9.00am
	16	RWA Postal Challenge *	Beenleigh	8.00am
	23	QRWC Track & QMA Meet **	UQ St Lucia	8.00am
	30	QA Road Walk Championships	QSAC	TBA
August	6	QRWC Handicap Meet # 8	TBA	8.00am
	13	QRWC Handicap Meet # 9	TBA	TBC

	20	QRWC Handicap Meet # 10	TBA	8.00am
	27	QRWC Road Walk C/Ships	Beenleigh	8.00am
September	3	Father's Day	No club competition	
	10	QRWC Relay/Trophy/BBQ Day	TBC	TBC
	17			
	24			
November	5			

* July 16th Incorporating QMA Short Road Walk Championships

** July 23rd Incorporating QMA 10,000 metres Track Championships

Entries to both Qld Masters Championships via the QMA website (entries will open closer to the date)

QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification.

IMPORTANT UNIFORM INFORMATION

If you are planning on going to Canberra please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last minute panic and contact the Uniform shop today .

[Shop - Qld Race Walking Club - revolutioniseSPORT](#)

Our Volunteers – We need you to

For all our road walk and track meets we need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, timekeeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, timekeepers and lapscorers we don't have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges, then you will never learn or get ahead in the sport.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

i.e. All of us

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers; • Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics • Referees, judges and other officials.
- Members, including life members.

- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015 5

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

QRWC MEMBERSHIP

Many of our members have already signed up to QRWC for this year - memberships commencing on/after 1 October 2022 are valid until 30 September 2023 and will cover the 2023 QRWC winter road walking season. For members yet to renew their QRWC membership, or for new members, refer to the following for membership options: The QRWC membership year runs from 1 October until to 30 September the following year (eg. 1 October 2022 to 30 September 2023). Memberships can be commenced at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership.

When looking at QRWC membership options, there are two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership allows athletes to compete in all QRWC weekend races as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership is suitable for athletes wishing to compete at QRWC races only, or athletes wishing to compete at QRWC races who are already a member of another QA club (see below for details on QA membership).

Combined QRWC/QA Membership

Queensland Athletics (QA) conducts a number of events throughout the year, including approximately 4 or 5 track racewalks held over the summer months and the QA Qld Road Walking Championships (usually held around July each year). These events are run by QA and are different to the races run by QRWC. In order to compete at the QA events, athletes must be a member of an affiliated QA club (such as QRWC) and also pay the QA membership fee.

Athletes wishing to join both QA and QRWC can do this in one transaction via the QRWC membership portal. This combined membership allows athletes to compete at QA events during the summer season (October to March) and the Qld Road Walking Championships in July, as well as the QRWC winter road walking events (ie. the traditional Sunday morning races held from April to September).

QA has a 3 different membership levels (platinum, gold and base). Further information about QA memberships can be found at: 2022-23 QA Membership Options (revolutionise.com.au)

If you would like more information regarding membership options, please contact our Registrar at qrwcregistrar@gmail.com

All our committee members, coaches, officials and volunteers are urged to register with QA for \$0 and to please check that your Blue Card is valid.

Australian Masters Road 20km August 6th Adelaide or Virtual

Sunday 6th August 20km Walk Championship.

While we would like to welcome all entrants at our Adelaide event – it is also being run as a postal event. I would appreciate you letting your fellow walkers know the details.

As this is an AMA event, the recently introduced “No Advantage” principle will apply.

GAMES OF THE XXXIII OLYMPIAD PARIS 2024

Walks Schedule

Thursday August 1st 7:30am 20km Race Walk Men
9:20am 20km Race Walk Women

Wednesday August 7th Marathon Race Walk Mixed Relay with 25 teams, each comprising one male and one female athlete, who will complete in four legs of approximately equal distance. Each athlete will complete two legs of just over 10km each, alternating male, female, male, female.

Note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.

Racewalking Queensland Management Committee 2023/24

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer P Sela/N McKinven

Committee: Shane Pearson, Joanne McRoberts, John McRoberts, Jas Blackburn, Megan Housden, Ignacio Jimenez

Patrons: Patrick & Maxine Sela

Registrar: S Dale / C Chadwick

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media D Sibenaler

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Stephanie McCure plus Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Jasmine-Rose McRoberts / Sam McCure

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach
Argenis Guevara Level 1
Katya Martin Level 1

Contact emails:

qrwc1@optusnet.com.au Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

About us

Racewalking Queensland conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to www.rwa.org.au

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>